

ABSTRACT OF THE DISCLOSURE

An optical disc recording method, an optical disc recording apparatus, and an optical disc in which performances of the optical disc is maintained over a long period of time without generating abrupt changes in wobbling curve of grooves of the optical disc. A phase modulation signal S4 is generated with abrupt changes in the waveform thereof at a phase transition point p being removed in accordance with a channel bit signal S3 including address signal, and the groove is made wobble in accordance with said phase modulation signal S4.